



★ ADVENTURES AWAIT! ★

Sept/Oct 2020

Logan County 4-H Newsletter

New 4-H Year & New Safety Guidelines!

Happy New Year! Your club leaders & 4-H staff are busy thinking about and making plans for the new 2020-2021 4-H year. Illinois 4-H is providing new health safety guidelines for in-person 4-H activities (including club meetings), which will be shared with club leaders by the end of September. These guidelines will specify expectations for things like the use of face coverings and the total number of people who can gather in one space. Watch for communication from your club leaders about the status of meetings for your club. What club meetings look like may vary from club to club, but 4-H will continue to provide a variety of experiences for our youth.

4-H Virtual Show – Recognition & Donor Thanks!

All 4-H members who chose to exhibit in our Logan 4-H Virtual Show this summer will be receiving a specially designed t-shirt for making the extra effort to participate. These t-shirts are currently being created saying “**I CAN DO VIRTUALLY ANYTHING THROUGH 4-H!**” Thanks to the following Virtual 4-H Show “general award fund donors” who provided financial support so that we are able to provide a special t-shirt to all these

participants! **These supporters include:** Ag-Land FS, Judy/Gary Atteberry, Best Friends Animal Hospital, Mike/Karen Booher, Martin/Lavaughn Clementz, Harold/Nancy Drake, Greenhaven Animal Clinic, Sarah Lessen, Logan County Paramedic Association, Middletown 4-H’ers, Betsy/Randy Pech, Progressive Ag Services, Sasse’s Apiary, and State Bank of Lincoln.

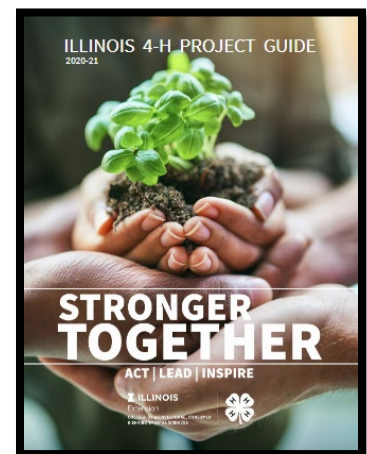


4-H Project Guide 2020-2021

Check out the NEW Project Guide. You can download it @ <https://go.illinois.edu/4Hprojectguide> . In addition to projects, you can see events, contests, conferences, and leadership opportunities in the areas you’re studying!

NEW PROJECTS – ESports!, Maker (includes 3D printing)

DISCONTINUED PROJECTS – 3D Printing & Design; Service Learning 3



<http://go.illinois.edu/logan4h> www.facebook.com/LMS.4H
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NON-DISCRIMINATION & REASONABLE ACCOMMODATION

Each 4-H club and, thus, each member is being asked to comply with federal and state non-discrimination, equal opportunity and Civil Rights laws, orders and regulations. Since 4-H is part of University of Illinois Extension's programs and activities, we must not engage in discrimination or harassment against any person because of race, color, religion, sex, national origin, ancestry, age, order of protection status, genetic information, marital status, disability, sexual orientation including gender identity, unfavorable discharge from the military or status as a protected veteran. If you need a reasonable accommodation to participate in advertised programs, please contact University of Illinois Extension/Logan County office at 732-8289. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

2020 -2021 Online 4-H Enrollment 2.0 – new look/new version!



The new 4-H Year began on September 1, and **4-H Online will be open for you for you to “Enroll” and/or “Re-enroll” for the 2020-2021 4-H year sometime after October 1.** The online system is currently undergoing an update/revision. 4-H Members/Families are expected to enroll/re-enroll themselves through this 4-H Online system - Instructions will be available from your leader or the 4-H office.

Program Fee – To complete enrollment/reenrollment, all members (including Cloverbuds) must pay the Program Fee of \$20 per member per year. **CHECK WITH YOUR 4-H LEADER ON HOW PROGRAM FEE WILL BE HANDLED IN YOUR 4-H CLUB** Financial assistance is available by filling out the *4-H Program Fee Waiver Request Form* available at <https://extension.illinois.edu/lms/4-h-club-resources-logan-menard-sangamon-counties>.

Project Books – The process for requesting project books will be new this year, and instructions will be included with the new 4HOnline 2.0 instructions. Members can continue to receive up to 3 project books each year at no charge. If a member needs more than 3 project books, there is a fee of \$5 per book. Financial assistance is available by filling out the *4-H Project Manual Assistance Request Form* available at <https://extension.illinois.edu/lms/4-h-club-resources-logan-menard-sangamon-counties>.

NATIONAL 4-H WEEK 2020

National 4-H Week is scheduled for **October 4—10**. This year's theme is **Opportunity4ALL**. We are lifting up youth voices and helping kids get equal access to the resources they need to thrive.



Here are some ways you can join the celebration!

- Change your Facebook Cover for National 4-H Week! Check out the LMS Facebook at <https://www.facebook.com/LMS.4H> to see how we celebrate National 4-H Week!
- Nothing says 4-H pride like a 4-H t-shirt – **be sure to wear yours on National 4-H Week Spirit Day, Wednesday Oct 7**, and share info about your 4-H club with your friends!
- Do a local radio public service announcement (If you'd like to record a radio Public Service Announcement, contact Patty at the 4-H office – 732-8289 to set up a time to record!)
- **SERVICE PROJECT FOR NATIONAL 4-H WEEK** – Logan county 4-H members are asked to collect

personal hygiene items during National 4-H Week and/or at your October 4-H club meeting. Items especially needed/requested include full size bottles shampoo, conditioner, shower gel, deodorant, toothbrushes & toothpaste (both male and female shampoos & deodorants needed). These can be dropped off at the Logan 4-H office collection tub or given to your 4-H leader.

Collection deadline is October

30th. These items will be distributed to local social service agencies.



- **NATIONAL 4-H WEEK CREATIVE CHALLENGE** - Create the "Clover" or "4-H" in some way – use



Chalk Art, legos, sticks, balloons, balls of yarn, or get creative! Take a picture of your creation and email to Amy Hyde-amyhyde@illinois.edu to be shared on the 4-H Facebook page! **All who submit photos will be put into a random drawing to receive a special '4-H prize'!**

EDUCATOR CORNER – Carissa Davis –

Developing Resilient Youth

Growing up in today's culture of social media, high expectations and various social issues such as economic inequalities and social injustices can be challenging for young people. Child Trends define resilience as “the ability of an individual to function competently in the face of adversity or stress” or more simply, resiliency is the ability to bounce back. Resiliency is a key social emotional skill for youth to develop to handle the ups and downs of life. According to the American Academy of Pediatrics, adults can help youth develop resiliency by developing the following 6 C's:

1. **Competence.** Competence is helping youth believe, “I can do this.” Young people develop competence through experience. It is important to give youth ways to trust their judgement, make responsible choices and face difficult situations.
2. **Confidence.** Confidence is built on competence and is a belief in one's abilities. Adults can build confidence when youth do something well. The best way to do this is by offering feedback about specific achievements. For example, great job on studying for your spelling exam your hard work showed in your grade.
3. **Connection.** Connection is helping youth develop significant relationships with caring adults such as family, friends, community members and teachers that create a sense of security and belonging. Belonging gives young people a sense of safety which can prevent them from participating in risky behaviors. It is important for adults to create healthy relationships that reinforce positive messages.
4. **Contribution.** Youth instinctively like to be helpful. Providing youth with an opportunity to contribute to their community lets them know they matter and can be part of something benefiting more than just themselves. It is important for youth to see the results of their actions because it encourages them to continue to think of others and make impacts in their community.
5. **Coping.** Young people who learn to cope with stress in a positive way are better prepared to overcome life's challenges. For adults, it is important to model positive coping strategies on a consistent basis to help teach young adults and children to develop positive and effective coping strategies. Simple breathing practices, spending time with a caring adult or friend or engaging in a hobby provides opportunities for youth to work through difficult situations.
6. **Control.** When youth realize they can control the outcomes of their decisions, they gain confidence in their ability to bounce back. Helping youth understand that life's events are not random and that things happen as a result of one's choices and actions is a role of adults. Giving youth ways to practice decision making can help build confidence which in turn can give them a sense of control.



Involvement in 4-H Youth Development is one way for youth to develop competence, confidence, connection, contribution, coping and control. Whether it be by working on a fair project, leading a club meeting or participating in a 4-H contest, these are all opportunities available in 4-H Youth Development to develop characteristics needed for becoming a caring, capable and resilient adult.

Thank you University of Nebraska Extension for providing valuable information.

Logan 4-H Ambassador KICKOFF!

The 4-H Ambassador program is open to those who are 8th – 12th grade. Kickoff for the 2020-2021 year will be on **October 21, 2020 from 6:00 – 8:00 pm at the Logan Extension Office**. The theme for kickoff is “Paint Party!” Space is limited to 25 participants. Please bring \$20 cash to pay for the painting party supplies. Social distancing and masks will be an expectation. We look forward to working with some great teens this 4-H year! Register at

<https://web.extension.illinois.edu/registration/?RegistrationID=22542> !



Illinois 4-H Hall of Fame



It is our pleasure to congratulate Stacie Skelton, who served as the Logan County 4-H Foods and Home & Family Show Superintendent for many years, for being inducted into the 2020 Illinois 4-H Hall of Fame. We are so thankful for Stacie and her commitment to being a terrific superintendent. She is a dependable, reliable, and cheerful person who made several improvements to our show process throughout the years and kept show days running very smoothly. Her thoroughness and detail oriented style always made for a pleasant show day experience for both staff and exhibitors. Stacie also served as a past member of our Expansion & Review committee where she contributed suggestions on ways to promote our 4-H program during our annual county Fair week which were successfully implemented. In addition, she was a member of our Unit 4-H Records Revision committee and gave valuable input on ways to redesign the 4-H records used in our local unit. Stacie has also given significant time as a “4-H Mom” to the local 4-H club her children were involved in for many years. Stacie, as well as her three children (who are also now alumni), were always at the forefront of helping to lead volunteer community service efforts the 4-H club implemented. We are so happy to have volunteers like Stacie helping to encourage 4-H members as well as assisting in promoting, improving & implementing a quality Logan County 4-H program!

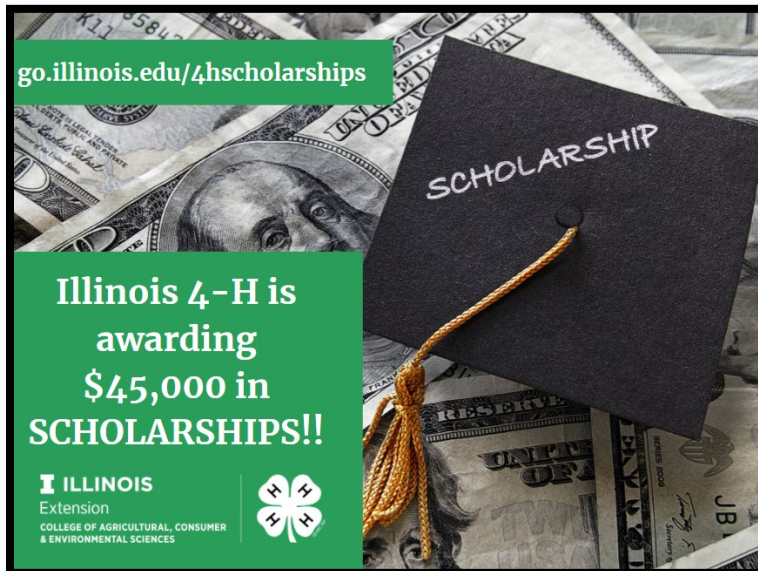
New Year Leaders Kickoff!



There will be a New Year Kickoff for 4-H Leaders on **Tuesday, September 29, beginning at 6 pm at the Extension Office** – face coverings and social distancing will be expected. Items to be covered will include new year leader packets and new 4-H year changes/info. A preview of the NEW version of 4-H Online for Enrollment will be shared. All 4-H Leaders, assistant leaders, cloverbud leaders, and all other “screened” leaders that work with the Logan County 4-H program are invited! **Please register online to attend: <https://go.illinois.edu/ldrmeeting>**

STATE LEVEL SCHOLARSHIP OPPORTUNITIES

Illinois 4-H Scholarships - \$45,000 available – open to youth 15 – 18 as of 9/1/2020



The **Illinois 4-H Scholarship** is a merit-based scholarship to award outstanding work in project areas. Five \$1,000 scholarships will be awarded in each of the following nine categories: Animal Science, Civic Engagement/Global Living, Creative Performing Arts & Communication, Food Systems, Healthy Living/ Nutrition, Leadership, Natural Resources & Environmental Science, Personal Growth and STEM/Robotics. The deadline to apply is November 1. Online application available @ go.illinois.edu/4Hscholarships.

You may apply in more than one area (different essay questions per area). These require answers to a series of questions, two written recommendations, essay question (250-500 words), AND a 3-5 minute video “Telling Your 4-H Story”. Completed online applications and video are due to the State 4-H office by 11/1/2020. **If interested, it is suggested you start the application process and your video preparation well ahead of the deadline!** Once you ‘win’ a scholarship in a specific area you are no longer eligible in THAT area – however you can apply in future years in another of the nine areas for another potential \$1000 scholarship. A tutorial explaining the online application is available at: <https://www.youtube.com/watch?v=h0NVQVZ5oBQ>

State 4-H awards - The Illinois Farm Bureau “Sustaining the Future” Award recognizes youth who excel in Leadership in the Agricultural Industry. **Open to 17-19 year old 4-H members as of Dec. 1, 2020**. Winners are invited to attend the Premier 20 Youth Leadership Conference in April. Online application can be found here: <https://4h.extension.illinois.edu/members/awards>

“State Fair” 4-H Show Results & Virtual Recognition!!

Congrats to 4-H members who represented Logan County in the 2020 State 4-H Virtual Show: Caroline Ahrends, Ethan Bertram, Myah Bowman, Jamie Carlock, Winton Carlock, Rosetta Catterson, Daniel Crider, Celia Cross, Joseph Dahmm, Kindall Helton, Klarissa Helton, Haven Henry, Kristina Morrow, Rachel Morrow, Miranda Nelson, Faith Sanders, Cavit Schempp, Molly Schempp, Sophia Schneider, James Sewing, William Stambaugh, Sarah Starasta, Stephen Starasta, Oliver White, and Ellie Wrage.

All State Show general project exhibitors will receive an Award of Excellence, and some Logan members were chosen for Top Awards:

- **Champion** – Joseph Dahmm (Woodworking 2)
- **Reserve Champion** - Ethan Bertram (Visual Arts/Metal), Rachel Morrow (Visual Arts/3D Mixed Media), Cavit Schempp (Geology/Rock Hounds 2), Sarah Starasta (Leadership 3), and Stephen Starasta (Passport to World).
- **Inspire** - Caroline Ahrends (Leadership 3), Daniel Crider (Food Preservation), Sophia Schneider (Creative Writing) and Ellie Wrage (Animal Science/Dogs).

Calendar of Events & Activities

(All events and activities are held at the Logan Extension Office unless otherwise noted)

(If you need a reasonable accommodation to participate in advertised programs, please contact U of I Extension, 732-8289)

- September 1 – NEW 4-H year begins
- September 4 – 4-H Records/Award Application Check-In Day
- October 1 – (tentative) - 4-H Online Enrollment/Re-Enrollment OPEN – **(check with your 4-H leader on directions for program fee payment)**
- September 29 – Fall 4-H Leaders New Year Kickoff, 6 pm
- October 4 - 10 – National 4-H Week
- October 21 – 4-H Ambassador Kickoff meeting – Paint Party, 6 – 8 pm
- October 30 – Deadline for Personal Hygiene Items collection
- November 1 – Illinois 4-H Scholarship DEADLINE (ages 15-18) – online application

2021 COUNTY & STATE FAIR DATES

Unit Horse Show – TBD

Logan County Foods/Home & Family – July 31 (tentative)

Logan County Fair – August 1 – 8, 2021

Illinois State Fair – August 12 – August 22, 2021